

Weekly Diabetes Update

February 29, 2008



**This Leap Day remember to
take good care of your feet!**

1. Take Care of Your Feet for a Lifetime

Foot care is very important for each person with diabetes, but especially if you have loss of feeling in your feet, changes in the shape of your feet, and/or foot ulcers or sores that do not heal. Nerve damage can cause you to lose feeling in your feet. You may not feel a pebble inside your sock that is causing a sore. You may not feel a blister caused by poorly fitting shoes. Foot injuries such as these can cause ulcers, which may lead to amputation. To develop a plan to take care of your feet, see the National Diabetes Education Program's (NDEP's) "Take Care of Your Feet for a Lifetime" online at http://www.ndep.nih.gov/campaigns/Feet/Feet_overview.htm.

Also check out the National Diabetes Information Clearinghouse's (NDIC's) "Prevent diabetes problems: Keep your feet and skin healthy" at http://diabetes.niddk.nih.gov/dm/pubs/complications_feet/index.htm.



The Missouri Department of Health and Senior Services maintains a lending library for videos. Videos available for checkout on the subject of footcare include:

- **Diabetes Foot And Skin Care: In Step.** Available in either English or Spanish, this DVD includes information about using monofilament testing to detect neuropathy. The DVD gives patients practical suggestions for maintaining healthy skin and feet, checking for problems, shoe selections, and more. It stresses the importance of good blood glucose control to prevent or delay the onset of the long-term complications of diabetes that can lead to foot problems.
- **Caring for Your Feet.** This VHS video provides information and instructions for people with diabetes about how to care for and monitor their feet. The program is in both English and Spanish.

To access the list of videos and instructions for checkout, visit our website at <http://www.dhss.mo.gov/diabetes/Publications.html>.

2. Older Diabetics At Risk for Physical Disabilities

Elderly people with diabetes may be at heightened risk of physical limitations that could hinder their independence, a new study suggests. British researchers found that among more than 800 adults age 65 or older, those with diabetes were more likely to have problems with walking and performing daily tasks like bathing, climbing stairs and dressing. Diabetes-related nerve damage and impaired blood flow to the legs likely play a role in the higher rate of walking problems, according to the researchers. Read more in the article posted on Reuters online at <http://in.reuters.com/article/health/idINSAT28491720080222>.

3. “Normal Life” with Diabetes

Barry Myers needed to have his legs amputated below the knees because of his diabetes but with the use of today's prosthetics he is able to live life to the fullest. Myers had one leg amputated in 2001 and the other in 2002 because of diabetes. Read more in the article from the Toronto Sun online at <http://torontosun.com/News/TorontoAndGTA/2008/02/23/4870250-sun.html>.

4. Public Health Week – April 7-13

The American Public Health Association (APHA) theme for National Public Health Week is “Climate Change: Your Health in the Balance.” This year, the Missouri Department of Health and Senior Services plans to use a sub-theme of “**Just One**,” the concept being that individuals can **take just one step** to make themselves healthier and do something good for the environment. Plans are underway for a campaign and toolkit to be used by local public health agencies.

The campaign will be designed to be used as the overarching theme, or with five topic areas that could be run throughout the week. More information will be shared in the Weekly Diabetes Update as it becomes available.

**5. Clinical Diabetes Technology Meeting – April 11-12 – Orlando, Florida**

The 4th Annual Clinical Diabetes Technology Meeting, a practical course for clinicians taught by clinicians, will take place on **April 11-12, 2008**, in Orlando, Florida. The course is geared for endocrinologists, primary care physicians, and diabetes educators. Registration fees begin at **\$250** (for registrations received prior to March 21st). For more information and a link to the registration form, go to <http://www.clinicaldiabetestechology.org/>.

6. Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists, and Dental Professionals, 2007

This interdisciplinary primer from the NDEP focuses on diabetes-related conditions affecting the foot, eye, and mouth, as well as the issues related to drug therapy management. Working Together promotes a team approach to comprehensive diabetes care and provides simple care recommendations to clinicians about making cross-disciplinary treatment referrals. View the publication and related materials from NDEP's website at <http://www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsHC>.

For Clinicians

7. University of Missouri Research: Share with Your Network

Researchers at the University of Missouri School of Medicine are participating in an international clinical study aimed to prevent or delay the onset of Type 1 diabetes. Researchers at MU are looking for family members of people with Type 1 diabetes to participate in the clinical study. Screening involves a simple blood test and is free of charge. To read more, see the article on the Columbia Missourian's website at

<http://www.columbiamissourian.com/stories/2008/02/25/mu-researchers-seek-further-understanding-type-i-d/>.

8. Diabetes Research News

- Scientists at a San Diego-based US biotechnology company implanted immature beta-cells derived from human embryonic stem cells (hES cells) into mice and showed that they generated insulin-secreting cells that responded to raised blood sugar. You can read more in the Medical News Today article posted online at <http://www.medicalnewstoday.com/articles/98051.php>.

The inclusion of this information does not imply an endorsement of human embryonic stem cell research by the Missouri Department of Health and Senior Services.

- When physicians list the complications that come with having diabetes, they mention heart disease, stroke, kidney disease, possible blindness and amputations, neuropathy and even depression. What isn't routinely mentioned, if it is talked about at all, is periodontal disease, a serious gum infection that causes tooth loss in adults. To better look at the connection, Group Health and Washington Dental Service are launching a study to explore the relationship between periodontal disease and diabetes. They also hope to raise awareness in medical doctors and dentists when caring for diabetic patients. The study also will look at the difference in how a diabetic's care is managed and the cost difference between those who receive routine medical and dental care and those who don't. Read more in the article from the Seattle Post-Intelligencer at http://seattlepi.nwsourc.com/health/352407_diabetes25.html.
- Sitting still for long periods has a dire effect on the body's metabolism, but new research shows office workers and slothful types can lessen the consequences, at least a little, with short bursts of light activity. The key, say researchers at the International Diabetes Institute in Melbourne, is that these micro breaks are frequent and regular. "We found that just getting up off the couch in the ad breaks can be enough to actually benefit your waistline, blood fat and glucose too, as long as you don't head to the fridge to eat high fat food," said Professor David Dunstan, the institute's manager of physical activity research. "The take home message is that small breaks in inactivity can really help the metabolism, as long as it's done regularly. Read more in the Australian News.com article posted at <http://www.news.com.au/entertainment/story/0,26278,23279288-5007185,00.html>.
- A small U.S. study found that obese Hispanic children and adolescents with normal blood sugar levels had elevated markers for blood vessel inflammation that may put them at risk for both type 2 diabetes and cardiovascular disease. The study is published in the March issue of Diabetes Care. For more information read the U.S. News & World Report article posted online at <http://health.usnews.com/usnews/health/healthday/080227/overweight-hispanic-kids-show-early-markers-for-diabetes.htm>.

- A higher intake of vegetables, rich sources of fiber, antioxidants, and magnesium, may reduce the risk of developing type-2 diabetes by almost 30 percent, suggests a new study. On the flip side of the coin, however, an increased consumption of fruit was not associated with any benefits, according to the study with 64,191 middle-aged Chinese women, published in the new issue of the Journal of Nutrition. Read more in the article posted on AP-Foodtechnology at <http://www.ap-foodtechnology.com/news/ng.asp?n=83517-vegetables-antioxidants-diabetes>.
- Researchers at Baylor University, in Waco, TX, have engineered a thumb-pad sensor that measures glucose levels via electromagnetic waves--no finger pricking required. According to Randall Jean, associate professor of electrical and computer engineering at Baylor, the prototype of the new device matches the performance of conventional glucometers. Read more in the Massachusetts Institute of Technology (MIT) Technology Review article at <http://www.technologyreview.com/Biotech/20343/>.

9. \$3.4 Million Award to Study Internet Coping Skills for Diabetic Children

The National Institute of Nursing Research has awarded Yale University School of Nursing (YSN) \$3.4 million to compare the effectiveness of Internet-based coping skills training versus an Internet education program for diabetic children. The education program provides age-appropriate information about healthy eating, exercise, and preventing and managing sick days for youth with type 1 diabetes. The teen coping skills program provides information and exercises to assist teens with social problem-solving situations that may interfere with type 1 diabetes management or may be potentially awkward or difficult, such as telling a new friend about their diabetes. Teens are also able to interact with other teens in this program to learn from one another. Read more in the news released posted on PressMediaWire.com at <http://pressmediawire.com/article.cfm?articleID=5547>.

10. Shock and Awesome

Actress Elizabeth Perkins spent more than a decade feeling constantly run down—and having doctor after doctor tell her there was absolutely nothing wrong. Then, in 2005, at the age of 44, she finally learned that she had type 1 diabetes. Download a pdf (portable document format—Adobe Acrobat Reader) version of the interview that was featured in the February 2008 issue of Diabetes Forecast from the American Diabetes Association's website at <http://www.diabetes.org/uedocuments/df-perkins-0208.pdf>.

11. United Kingdom: Navy Wren suffering from diabetes was left to die on cabin floor after shipmates thought she was drunk

A Royal Navy officer was left to die in a diabetic coma because shipmates thought she was drunk, an inquest heard yesterday. The hearing was told there was a 99.5 per cent chance she would have survived if she had been correctly diagnosed with diabetes when she saw the Navy doctor and given the appropriate medical assistance. Surgeon Commander Evershed said Miss Douglas had not complained of the symptoms of diabetes. Read more in the article from the United Kingdom's Daily Mail online at http://www.dailymail.co.uk/pages/live/articles/news/news.html?in_article_id=518581&in_page_id=1770.

12. Literacy and the Prevalence of Diabetes

The Canadian Council on Learning used results from an in-depth international literacy survey to conclude there's a strong link between health literacy and wellness. Digging deeper into its data, the council now says the strongest correlations between reading and health are found among those who suffer from diabetes or high blood pressure. Read more in the Edmonton Sun article posted online at <http://www.edmontonsun.com/News/Canada/2008/02/21/4864197-sun.html>.

13. Local Black Churches Take Weight Loss Challenge

Gone are the usual topics that once dominated the after-service conversations on Sundays at Prospect Missionary Church. These days, the senior pastor might be discussing the nutritional and caloric value of his breakfast. The women might be exchanging healthy recipes. The men may be planning their next walking session at a nearby high school track. Prospect is one of about 15 Oklahoma City congregations participating in Integris Health's weight-loss challenge to black churches. Read more about this exciting project by visiting www.newsok.com/article/3205416/1203229732.

14. Disparities in Adult Awareness of Heart Attack Warning Signs and Symptoms --- 14 States, 2005

To update estimates of public awareness of heart attack warning signs and symptoms and knowledge of the importance of calling 9-1-1, the Centers for Disease Control and Prevention (CDC) analyzed 2005 Behavioral Risk Factor Surveillance System (BRFSS) data from the 14 states that included questions on signs and symptoms of a heart attack. This report describes the results of that analysis, which indicated that although the awareness of certain individual warning signs was as high as 93% (i.e., for shortness of breath), awareness of all five warning signs was 31%, underscoring the need for public health measures to increase public awareness of heart attack warning signs and symptoms. In addition, disparities in awareness were observed by race/ethnicity, sex, and level of education, suggesting that new public health measures should target populations with the lowest levels of awareness. To read more, see the CDC's Morbidity and Mortality Weekly Report (MMWR) article posted online at http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5707a3.htm?s_cid=mm5707a3_e.

15. 2008 Maternal Child Health Institute – June 4-5 – Mark Your Calendars!

Mark your calendars and plan to attend the 2008 Maternal Child Health Institute: Bringing Together Communities to Address Injury, Obesity, and Tobacco Prevention on **June 4-5**, at the Holiday Inn Select Executive Center, Columbia, Missouri. For more information see the [attached flier](#). Additional information and registration for the conference will be announced soon!

16. Weekly Diabetes Recipe

Please go to the following website to enjoy this week's recipe for **Grilled Chicken Breasts with Warm Balsamic Strawberry Salsa**: www.diabetic-recipes.com/recipes/MAR99_1.1.htm.